

FUN FOOD FRIDAY: BLACK BEAN AND EGGPLANT CHILI



End the week by learning new culinary skills and exploring new flavors in the kitchen with our Fun Food Friday recipes. This week's recipe is Black Bean and Eggplant Chili.

Ingredients:

- 1 teaspoon olive oil
- 1/2 cup onion, chopped
- 1 cup eggplant, cubed
- 1 (15 ounce) can tomatoes, diced
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (4 ounce) can green chiles, diced
- 2 teaspoons paprika
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 teaspoon cumin
- 1 cup water
- Optional: dash of red pepper chili flakes

Directions:

- In a saucepan, sauté onions in olive oil for 5 minutes on medium heat.
- Add eggplant, tomatoes, beans, green chiles, paprika, chili powder, garlic powder, cumin, and water.
- Simmer for 10 - 15 minutes.
- For extra spice, top with chili flakes.

